Eating at Home

Never eat out of boxes, cartons, or bags!!!

If one cookie is eaten out of the package, more will follow until too many are eaten at a single sitting.

Put food on a plate or in a bowl. You can usually see how much you are eating.

Eat on smaller plates at dinnertime. The plate will look full with less food.

When eating at home, do not watch television or talk on the phone.   This is a routine that can add extra calories to your meal plan. Often this is only a habit rather than actual hunger.

Always sit at the table to eat. Don't eat on the run; take time to enjoy the meal!

Add a salad before the main course, and use a low-fat or fat-free dressing. You can also use balsamic vinegar mixed with herbs for a tasty dressing.
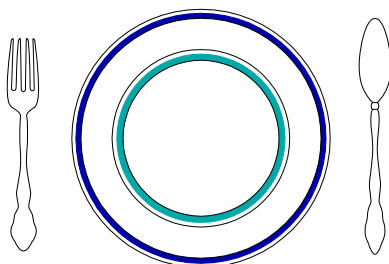
To add volume to your meal without adding lots of extra calories, add several vegetables without fattening sauces. Use herbs to season and have several portions of vegetables like broccoli, carrots, cauliflower, or green beans.

If you feel hungry when eating less food, try drinking a large glass of water before the meal, and continue to drink water during the meal. This will help fill your stomach and make you feel full and satisfied.
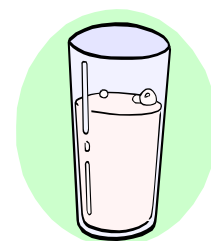
When craving foods at odd times, try to wait 15 minutes before snacking or take a short walk or work on a craft/project requiring both hands.

Hot soups made from low fat broths or vegetables such as tomato can make you feel full and eat less food at mealtime. Avoid cream soups and those with fats such as cheese.

Eat several meals a day; do not starve all day and overeat at night or when alone.

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